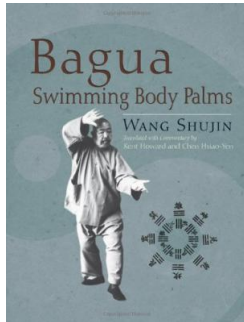


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North Atlantic Books,U.S., United States, 2011. Paperback. Condition: New. Language: English . Brand New Book. Bagua Swimming Body Palms is the second book written by Wang Shujin, one of the world s foremost exponents of Chinese internal martial arts and a renowned expert of Bagua Zhang. This volume continues the process of bringing Master Wang s important art to Western readers. More intricate than the Linked Palms form, Swimming Body Palms helps practitioners achieve fluent body mechanics and the ability...

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- Authored by Master Wang Shujin
- Released at 2011



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Reviews

Extensive guide! Its this kind of excellent read through. it absolutely was writtern very perfectly and helpful. Your way of life period is going to be change when you complete reading this ebook.

-- **Murphy Dooley**

This type of publication is almost everything and helped me looking forward and much more. I am quite late in start reading this one, but better then never. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for relating to if you ask me).

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